

### TTUSD FWDD Funds Request

TTUSD is requesting **\$18,355** to support the following school-based Drug and Alcohol Prevention Programs:

➤ **\$10,800 Mindfulness Based Substance Abuse Education (MBSAE) and Wellness Workshops**

We would like to contract with Gateway Mountain Center to offer 12 fall and spring sessions of MBSAE/Wellness Workshops in the TTUSD middle and high schools. The purpose of these workshops is to educate students and provide them with the skills to understand their negative patterns and what drives their unhealthy habits. They will learn tools to help them get unstuck from behaviors, such as: substance use, risk taking, anger, anxiety, drama and learn how to ground and reset. Mindfulness techniques are embedded into each session.

Fall Session:

6 schools (THS, ACMS, NTHS, NTS, Sierra High, Truckee River School "Community School") X \$150 per session X 6 sessions = \$5,400

Spring Session

6 schools (THS, ACMS, NTHS, NTS, Sierra High, Truckee River School "Community School") X \$150 per session X 6 sessions = \$5,400

➤ **\$6,567 Athlete Committed Program**

We would like to use these funds to support the Truckee High and North Tahoe High Athlete Committed Programs. This year, students are interested in expanding the scope of Athlete Committed to include more students and broaden the reach of the Athlete Committed message. They are interested in hosting all school assemblies instead of Code Nights.

The purpose of Athlete Committed is to inspire students to make a commitment of personal responsibility, shared expectations, and collective responsibility to increase their optimal performance and reduce underage drinking. This is a Peer Leadership Model that encourages high school students to be a positive influence on their peers to shift school norms around drinking and drug usage.

Specifically, we would use the funding to:

- Bring in a speaker for two all school assemblies
- Support Athlete Committed Leadership Trainings
- Purchase t-shirts and supplies

➤ **\$988 – TTUSD Admin Fee 5.69%**